

## Full Report (All Nutrients) 01240, Ice cream cone, chocolate covered, with nuts, flavors other than chocolate

Report Date: July 16, 2017 17:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit 96g
<b>Proximates</b>					
Water	g	37.43	--	--	35.93
Energy	kcal	354	1	--	340
Energy	kJ	1482	--	--	1423
Protein	g	5.21	1	--	5.00
Total lipid (fat)	g	21.88	1	--	21.00
Ash	g	1.11	--	--	1.07
Carbohydrate, by difference	g	34.38	1	--	33.00
Fiber, total dietary	g	1.0	1	--	1.0
Sugars, total	g	25.00	1	--	24.00
<b>Minerals</b>					
Calcium, Ca	mg	63	1	--	60
Iron, Fe	mg	0.00	1	--	0.00
Magnesium, Mg	mg	29	--	--	28
Phosphorus, P	mg	108	--	--	104
Potassium, K	mg	222	--	--	213
Sodium, Na	mg	94	1	--	90
Zinc, Zn	mg	0.86	--	--	0.83
Copper, Cu	mg	0.128	--	--	0.123
Manganese, Mn	mg	0.194	--	--	0.186
Selenium, Se	µg	2.6	--	--	2.5
Fluoride, F	µg	4.0	--	--	3.8
<b>Vitamins</b>					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit 96g
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0
Thiamin	mg	0.108	--	--	0.104
Riboflavin	mg	0.252	--	--	0.242
Niacin	mg	0.829	--	--	0.796
Pantothenic acid	mg	0.438	--	--	0.420
Vitamin B-6	mg	0.046	--	--	0.044
Folate, total	µg	24	--	--	23
Folic acid	µg	16	--	--	15
Folate, food	µg	8	--	--	8
Folate, DFE	µg	35	--	--	34
Choline, total	mg	23.8	--	--	22.8
Vitamin B-12	µg	0.36	--	--	0.35
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	32	--	--	31
Retinol	µg	31	--	--	30
Carotene, beta	µg	11	--	--	11
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	104	1	--	100
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	4	--	--	4
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	0.17
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.1
Vitamin D	IU	3	--	--	3
Vitamin K (phylloquinone)	µg	1.1	--	--	1.1
<b>Lipids</b>					
Fatty acids, total saturated	g	11.458	1	--	11.000
4:0	g	0.281	--	--	0.270
6:0	g	0.197	--	--	0.189
8:0	g	0.148	--	--	0.142
10:0	g	0.235	--	--	0.226

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 unit 96g
12:0	g	0.254	--	--	0.244
13:0	g	0.000	--	--	0.000
14:0	g	0.948	--	--	0.910
15:0	g	0.000	--	--	0.000
16:0	g	4.933	--	--	4.736
17:0	g	0.014	--	--	0.013
18:0	g	4.204	--	--	4.036
20:0	g	0.080	--	--	0.077
22:0	g	0.007	--	--	0.007
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	7.340	--	--	7.046
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.185	--	--	0.178
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	7.140	--	--	6.854
20:1	g	0.014	--	--	0.013
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.657	--	--	1.591
18:2 undifferentiated	g	1.408	--	--	1.352
18:3 undifferentiated	g	0.249	--	--	0.239
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	21	1	--	20
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 unit 96g</b>
Caffeine	mg	7	--	--	7
Theobromine	mg	56	--	--	54